

# Project Pavitra

Spreading Menstrual Education



## Project Update Report

January 2024 - May 2024



Since its launch in March 2018, Project Pavitra, a collaborative initiative between IAHV (International Association for Human Values) and the Art of Living, has been dedicated to empowering women through menstrual education. Through complimentary workshops on menstrual health and hygiene, our trainers have reached out to 1,72,067 adolescent girls and women. Additionally, we have trained 6,858 females who have become menstrual health and hygiene trainers across 28 states in India, 11 countries in Africa, as well as in Bhutan, Nepal, Sri Lanka, Cambodia, and Hong Kong.

Through its comprehensive approach and collaboration with the Art of Living, Project Pavitra has made significant strides in empowering women and promoting menstrual education globally.

During the period 16<sup>th</sup> January 2024 till 12<sup>th</sup> May 2024, our trainers have trained 6732 participants in 50 locations across 11 states of India namely, Chhattisgarh, Gujarat, Haryana, Himachal, Maharashtra, Odisha, Punjab, Tamil Nadu, Telangana, Uttar Pradesh, and West Bengal.

The collage represents the courses taken by our trainers in different locations in India and the testimonials given below speaks about the impact of the project.

*"I have never seen such kind of program in my 17 years of career. This program is highly beneficial for girls as most of the adolescent girls are not aware about menstrual health and hygiene."*

-Sushma Rani  
Warden, Kasturba Gandhi Balika Vidyalaya



*"This program came as blessing and helped in breaking the myths for the women of our village. I highly appreciate and recommend this program for every woman."*

- Swati  
Secretary, Cluster Level Federation, Shahpur Village



*"We should get ourselves checked up properly, if our periods are irregular. Also, when a girl does not get her periods till 17 - 18 years, one should visit a doctor."*

- Pratiksha  
Student, 9<sup>th</sup> Class

